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SPOKE

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Monday, November 19, 2007

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

39th Year — No. 25

Respect others

Campaign urges everyone to jump on board

By JOSHUA KHAN

With audience members settled in and the camera rolling, the Respect Campaign began with a bang.

Despite spilling orange juice all over the floor, guest speaker Thomas Russell didn't let the incident affect his presentation.

Conestoga Students Inc. (CSI) invited Russell, a former student of Confederation College who now holds the wellness and diversity portfolio within Confederation's Student Union, to speak about their college's Respect Campaign.

Roxy Stanciu, CSI president, started off the presentation with a moving statement that fit perfectly with the topic of discussion.

"We need to start making changes," she said. "If not for ourselves, then for our children."

After the opening remark, Russell took the floor and told the crowd that the presentation wouldn't be too boring because he is a relaxed individual who does things in a non-traditional way.

The presentation began with Russell asking the audience a number of different questions, such as who was short and who had red hair. After a few laughs, he got more in touch with the audience by asking them if they were ever bullied.

Russell talked about respect and how individuals don't know what to do about it. He said the reason for this is because of fear and how people don't want to create problems for themselves.

He said the Respect Campaign

started out as an idea and then grew to a committee in two weeks.

"It didn't cost a lot to get it running, it just took a lot of talking," he said. "A lot of talking to get people talking."

Russell said the campaign was meant to raise awareness of how people should treat one another.

"People think respect has to be earned," he said. "In some cases it does, but not human respect."

He said the campaign isn't passive and it asks you to speak up.

During a slideshow he presented scenarios and got the audience to interact. One scenario was about what one would do if he or she was being yelled at by someone else.

"When helping people with distress, don't use mom-tone or dad-tone," he said. "If you don't use strong words ..., you'll end up sounding dull like the teacher in Charlie Brown."

Russell also talked about discrimination in the classroom and how it not only comes from students, but also teachers. He gave an example of how some individuals were made fun of. He then noted that nothing was done about the discrimination because no one read the student handbook and therefore didn't know what to do.

"You shouldn't have to cope when it comes to school, unless it's coping with homework," he said.

Russell also discussed how individuals can intervene in a physical matter like a fight, but not something sociological like gossip. He said the campaign also stands for taking responsibility, accountability and showing respect.

When it comes to respect, he gave examples such as students disrupting a class by talking about their wild weekend and students also partying and missing a test the following morning.

"Respect even needs to be shown in the classroom," he said. "People have to take responsibility in school and in life."

Throughout the presentation, the audience was attentive to everything Russell said.

Lisa Stadler, a first-year student at the University of Waterloo, was glad she attended.

"He did a great job informing everyone about issues we all deal with in school and life," she said. "I just felt like I wanted to join the Respect Campaign or even start my own campaign."

Not only did students enjoy the event, but members of the community did as well.

Mark Danten, a Cambridge resident, said Russell's speech was worth hearing.

"The campaign not only applies to students, it applies to adults as well," he said. "There are a lot of different social problems in a work environment. I'm happy that I was able to come today because in two hours I learned a lot about life."

The audience enjoyed every bit of the presentation thanks to the way Russell delivered his speech and interacted with the crowd.

He even noted in the end that suits and briefcases don't make a presentation worth listening to.

"It's all about the guide on the side, not the sage on the stage," he said.

Food for Fines gives students a break

By KERRY REED

The Learning Resource Centre is stepping up to the plate.

In association with Conestoga Students Inc.'s Cares Food Drive, the LRC has launched a Food for Fines campaign.

"It is a win-win situation for the student, the library and CSI," said Sue Czubak, a library technician/circulation/reserve desk employee at the college.

The campaign allows any student with overdue book fines to bring food donations to the LRC and have fines reduced by \$3 for each non-perishable food item, up to a maximum of \$15, from today through to Nov. 30.

This is the first time they have run Food for Fines and if it is successful the LRC will hold it again in upcoming years said Linda Schneider, the manager of the LRC.

"Reducing fines will help out stu-

dents around this busy time of the year and it will also help out with the student population that needs assistance."

All the donations the LRC receives will be turned over to CSI to help them achieve their goal of raising 1,400 pounds of food for the student food bank.

"It is a win-win situation for the students, the library and CSI."

*Sue Czubak,
library technician*

A suggested list of food items that can be donated include: cans of meat, fish, vegetables, stew, soup, pasta and fruit, boxes of cereal, peanut butter, jam, crackers, pasta sauce and baby food, as well as many other types of food.

Food that cannot be accepted

include dented cans, rusted cans, damaged items, open packages, packages with expired dates and homemade food.

"None of the food will go to waste," said Czubak. "If there is too many donations and CSI cannot store all of it, the extra donations will go to the Waterloo Regional Food Bank."

"It would really be something if there was too much food to share," Schneider said it is a great time of the year to give a helping hand to those who do not have a lot.

"The LRC is more than happy to wipe out students' fines for this campaign. However, students must be aware the donations will only count for overdue books, not lost or damaged books," said Czubak.

"This is a real opportunity to take a look at all the blessings we have in our lives," said Schneider. "This is the time of the year where we can give a much-needed helping hand."



(Photo by Vanessa Butler)

Students blossom in floral design

Students in the part-time floral design certificate program at Conestoga work on their creations in Room 2C29. See Page 5 for story.

Cambridge campus moving up

By LEANNE MOUNTFORD

As Conestoga College continues to expand, Doon isn't the only campus experiencing changes.

The Cambridge campus has moved from its former location on Bishop Street to Galt's downtown core. The campus now occupies the fourth floor of the building located at 150 Main St.

Susan Garlick, co-ordinator of preparatory programs at the Cambridge campus, said the new location is a bit bigger than the old one and is closer to community agencies and the bus terminal.

Garlick said they have a nice view of downtown Galt from the windows. The old facility only had a few windows at the back and front of the building, leaving the middle rooms and offices with no windows.

"This is a much brighter location," she said.

The new campus was renovated by the college. Although located in an old building, everything looks new.

The campus, which relocated at the end of July, consists of four classrooms, a computer lab, an office area with three offices for staff and a lounge/lunch area for students.



(Photo by Holly Featherstone)

Flu shot gives students a boost

Second-year health office administration student Tina Anstey takes advantage of the free on-campus flu shot clinic. Registered practical nurse Julianne Janelle provided the shot.

Now deep thoughts ...with Conestoga College

Random questions answered by random students

Which rock band past or present
would you like to be a part of?

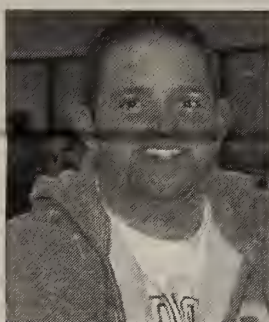


"The Wreakers
because they are awe-
some."

*Kristie Johnston,
first-year ECE*

"Wu Tang in the past,
although not now.
Because they were a
rap band that rapped
about real issues."

*Marta Wach,
first-year
management studies*



"AC/DC. They put on
the best rock concerts
and still get all the
chicks."

*Tyler Fines,
third-year
marketing*

"Dire Straits, I'm in
love with the lead
singer."

*Hilary Warner,
first-year
marketing*



"Journey because they
are one of the most
influential bands of the
'80s."

*James Dolby,
first-year
marketing*

"Queen because
Freddy Mercury is the
greatest performer."

*Jenna Snyder,
first-year
marketing*



United Way — Tea for you, for me, for 3



(Photos by Leanne Mountford)

The United Way — Tea for you, for me, for 3 took place on Nov. 8 in the Guild Room of the SCSB. The tea cost \$3 and three raffle tickets could be purchased for \$2. The raffle prizes were donated from different college departments. Right, Mike Dinning, left to right, VP of student affairs, Gordon Greavette, communications and liberal studies chair, and Brian Harvey, chair of business, get ready to serve some tea and snacks.



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Smile Conestoga, you could be our next respondent!

Sidewalk sale a hit

Students get thrifty threads for minimal money

By KAYLA GRANT

Have you ever gone to the campus bookstore hoping to buy an item only to find you were low on funds? If so, you should have headed down to the atrium on Nov. 14.

On that day the bookstore held a sidewalk sale where merchandise was offered at a reduced price.

Some of the things for sale were clothing lines that have been discontinued, supplies, books and some merchandise that isn't moving in the store said Mary Andraza, manager of the Doon bookstore.

The sidewalk sale was well attended. Andraza attributed this to the venue.

"When class gets out it should get busier," she said. "The sale looks like it is going very well."

First-year practical nursing student Rachel Harris said she was attracted to the sale because of the location.

"I saw clothes on racks over top on the balcony and I thought, cool, there must be a sale."

The sidewalk sale also had a clothing prize pack contest. The prize pack came with an assortment of clothing and supplies and was available in both a male and

female version. Students had to fill out ballots when they made a purchase and state where they heard about the sale.

The bookstore has been running advertisements on the school's radio, CJIQ, in Spoke and on the college's website. Posters were also put up throughout the school.

The store offers a variety of different clothing such as hoodies, T-shirts and pyjamas. They also sell candy, school rings, software and other school paraphernalia. Students can even arrange to have a hoodie made with their program name on it if one is not already available.



(Photo by Kayla Grant)

Students, staff and faculty sift through end-of-line clothing, books and other miscellany at the bookstore sidewalk sale Nov. 14. Purchases were accompanied by the chance to win a prize pack.

Shop online for college clothes

By JACKIE ALLWOOD

Anyone wishing to purchase college-crested clothing can now do so from the comfort of their own living room.

The Conestoga's bookstore has a website that no longer just sells books online to the distance education and Ontario Learn students.

Mary Andraza, manager of retail operations, says other colleges' bookstores sell clothing online and it is something they have always wanted to get into.

"It stemmed from a request from our alumni department because they wanted to be able to offer clothing that was crested with the Conestoga logo and alumni (logo) to the large population of alumni," says Andraza.

She added, "They are not all within this general vicinity, so they can order online and we could facilitate their order by shipping it to them."

Earlier this semester Andraza said the bookstore was going to be offering clothing for faculty and staff which was more corporate-looking than the students' apparel. The clothing is now available on the website.

The bookstore is also currently working with a new company that allows single clothing items to be ordered online.

So if you would like to have something ordered with the college logo on it and it isn't in the bookstore you don't need to create an order of 12 or 24 items, which is what you have to do when you order program-specific sweaters.

"We can take orders for individual items," says Andraza. "I can place an order for one golf shirt and facilitate your order."

All items can be purchased by using a Mastercard, Visa or American Express directly on the site after you have chosen the item, style and size.

The site has security measures to ensure your personal information is secure.

Andraza says web orders are printed off, however, all credit card information is encoded in a bar code so no numbers are ever seen by anyone.

"We do a lot of book orders online for our distance education and Ontario Learn students and it is a secure website."

If you have ordered clothing online and you receive it and it doesn't fit, don't worry, the bookstore has a return policy.

Andraza says if the items you order online are in stock, meaning currently on the bookstore's shelves, then you are able to return the item for a different size.

However, if the item is a special order, such as a twill shirt, then it will be a final sale because chances are slim anyone else will buy it.

Currently a student from Conestoga is helping with the design of the website to spruce up the look of it.

If you are interested in purchasing items for yourself, browsing for a Christmas present for a family member, want to show your college spirit at home or want more information on items available, visit the bookstore's website at www.conestoga.bookware3000.ca.



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Canada

Students, let your light shine

"My candle burns at both ends/ It will not last the night/ But ah, my foes, and oh, my friends / It gives a lovely light."

Edna St. Vincent Millay's poem rings true for many Canadians, but may have special meaning for college students.

A recent study by the University of Calgary shows that on average, one in four Canadians suffer from sleep deprivation.

One of the causes of sleep deprivation is overexertion, something that is extremely prevalent on college campuses.

When students reach the post-secondary level, they are often asked to perform at a higher level, and are busier than ever before.

The importance of going to class, even though in many cases attendance isn't taken, is stressed by professors and parents. And assignments require more attention and research than they once did and there are more of them.

Part-time jobs are often necessary in order to cover the increasing costs of tuition, books and living expenses.

Then there are the co-ops, work placements and internships to consider. Many of these are unpaid and yet are requirements for graduation.

And finally, many college and university students are encouraged to get involved in sports, clubs or other school activities. Employers, they are told, are looking for well-rounded individuals and want to see more than just a diploma upon graduation.

As if all that weren't too much already, post-secondary students are known for excessive drinking and carousing that often constitutes a rite of passage for those living away from home for the first time.

All of this activity will leave students stressed and worn thin. There are only 24 hours in a day and in many cases, in order to accomplish everything, students sacrifice the thing that may be most beneficial to them: sleep.

The results of sleep deprivation are varied and may range from general grumpiness and forgetfulness to mental psychosis. The short-term solutions, then, range from an extra-strong cup of coffee to hospitalization.

There is the perpetual bad mood to contend with, the persistent cold that never seems to go away, the sluggishness, headaches and, of course, the constant feeling of fatigue.

On top of the physical and mental discomfort, overextending oneself often shows up in other ways.

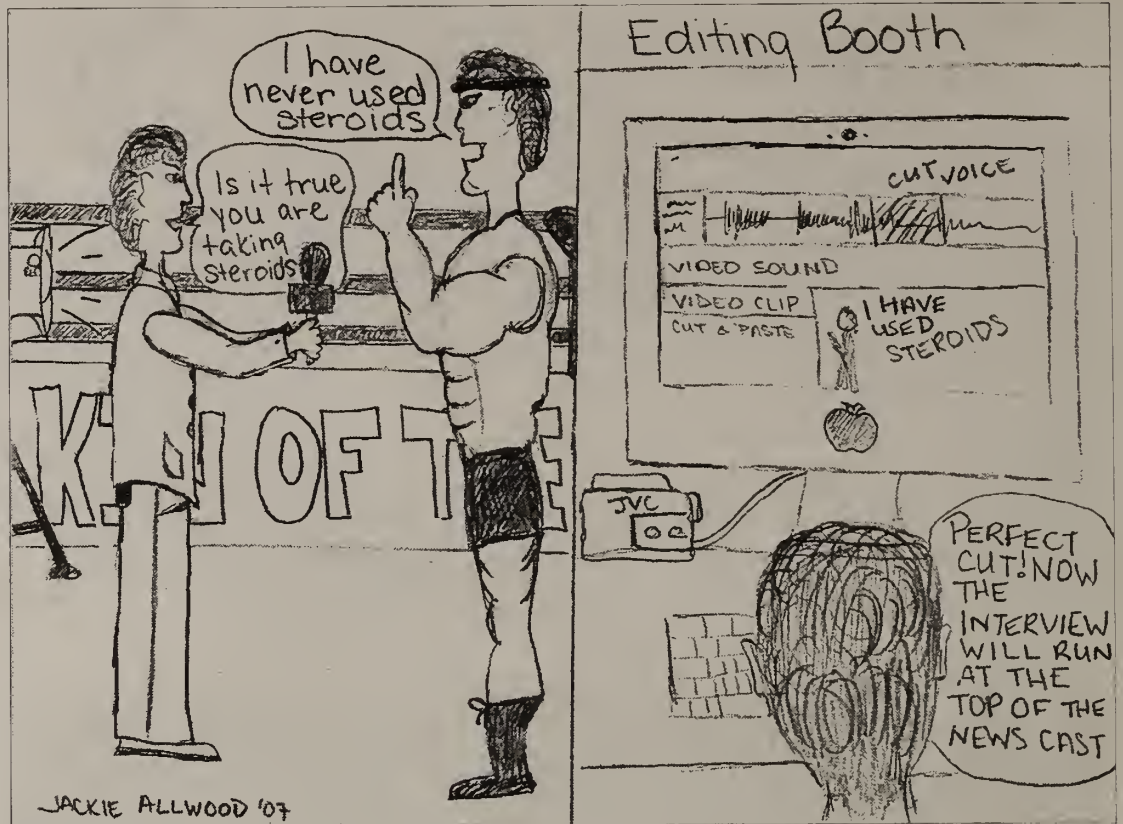
Students used to achieving high marks watch their grades slip because they find themselves skipping classes or not being able to put as much effort into assignments as they once could.

Doing too many things often means that none of them get done well. On a daily basis students must determine whether they will produce high quality work or a high quantity of work; and the choice is not always cut and dry.

The post-secondary experience goes beyond classes and homework. For all the preaching about the necessity of these things, college is only made a fuller, richer and more memorable experience for those that choose to get involved in outside activities. At what cost those activities come and whether one is willing to accept that cost is a personal choice.

Millay's poem then serves as a cautionary tale to students. Burn as bright as you dare but beware; you don't want your light to extinguish entirely. Doing too much now may cause ill health or bad grades and these things can affect you for years to come.

Students who are stressed out and are in need of guidance can seek it in the counselling office, the health office and the learning commons.



Documentary tarnished

Whatever happened to honesty and integrity in news reporting?

It seems these two traits are disappearing in media coverage, being overrun by greed and personal agendas.

It's very commonplace now to see our news organizations twisting the facts and pushing their own personal agenda, when they're supposed to be unbiased.

Don't believe me? One glaring example occurred very recently, on Nov. 7. The Central News Network (CNN) aired a documentary on the state of professional wrestling and how it is being overridden by death, drugs and injury. It was very informative and intriguing, offering several points of view from within the professional wrestling industry.

It looked like CNN had taken the time to do a thorough examination of wrestling, and was the best piece on the steroids problem plaguing this unique form of entertainment.

But, it seems at least one person at CNN was just so dead set on making the industry look grim, they went too far in their reporting.

During an interview with current WWE wrestler John Cena, he was asked if he has ever used steroids.



Alex McNanney

Opinion

Cena's response was "I can't say that I haven't, but you'll never be able to prove I have."

The quote obviously came across as Cena slyly admitting his own steroid use. But, as was seen on WWE's website, the problem is, that was not Cena's real response.

The quote CNN used was part of a very long answer, where he talking about society and how if people do something amazing, they're automatically labeled steroid users. His response also included how even though he's passed numerous drug tests, people will still believe what they choose, even if they're wrong. He then noted no matter what people say or what he says, they can't prove it.

In essence, CNN manipulated Cena's answer to make him come across as cocky and arrogant, making him appear bad in the process.

The documentary was a great look at the world of professional wrestling and was sorely needed. But with that one quote, CNN tarnished the credibility of a fantastic piece. How do we know the rest of the film isn't manipulated?

And it was a double whammy for me; because I've been waiting for someone to take a good, hard look at the problem of steroids in wrestling. I am a big opponent against the use of steroids by wrestlers, and this piece could've been the starting point of a drastic change for the better within the industry.

Instead, no one is going to remember the rest of the documentary. They will only remember CNN manipulating footage to push their own agenda. WWE can now claim the entire film is falsified, and they aren't going to feel any pressure to get rid of steroids.

It's so sad when news outlets do things like this. Why can't they just report the news fairly? Journalism students are taught to never use false or manipulated information and to report accurately and fairly. Unfortunately, it appears that line of thinking doesn't apply outside of the classroom.

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Big visions for the future

School of Media and Design hoping to double in size by 2011

By CHRISTOPHER MILLS

Big changes are in store for the School of Media and Design, with some coming as early as next year.

The school currently offers eight programs, but chair of liberal and media studies, Mark Derro, said he hopes to see that total up to 13 by next year, and 25 by 2011.

"We will be adding another one-year certificate program — media and communications fundamentals — which will provide a pathway into our existing media programs of journalism and broadcasting; and visual merchandising arts and interior decorating to complement the advertising and graphic design programs," he said. "We also have a new Ontario college graduate certificate in the works for proposed launch in the fall of 2008 in videography — journalism and documentary film that will appeal to graduates of either the broadcasting or journalism programs."

The school is exploring a series of applied degree programs that lead to specialized credentials.

Conestoga College president John Tibbits said the college researches many forums in order to ascertain which new programs would be the most beneficial to students and the community.

"We have a strategic planning committee, and they look at things like environmental scans, strength of the economy, the number of residents and organizations, all kinds of data," he said. "Then the indi-

vidual schools do more micro research, looking at their own areas in a bit more detail."

The school has undertaken extensive research, ranging from program advisory committees to student surveys to analyzing the job market.

"We have to continually monitor the marketplace and contact graduates and industry representatives to find out what academic experiences were the most beneficial," Derro said. "We monitor all Canadian college and university program offerings to see if there are any opportunities that we are missing."

One challenge that any school faces when looking to add programs is that every student is different.

"Some are taking a program to gain the skills/knowledge for a career, some are taking the program as a stepping stone to higher education, some are taking a program for general interest — they just want to have a credential to demonstrate that they graduated from college," he said. "We need to create programs and curriculum in a manner that meets all these requirements, while still appealing to a wide range of student learners."

Derro pitched the idea to Tibbits and the college's board of governors last month, saying the goal was to have the school reach 1,500 students by 2011. "It's a very ambitious proposal to try and double the size of the school in that time, but then again, the number has already doubled in the last few

years," he said. "It's an excellent vision, given the proper time and effort to develop."

The faculty for the school of media and design have already undertaken a marketing and promotional campaign that is being rolled out to coincide with major college events.

"This strategy includes a new branding for the programs and the operations both internally at the college and externally to the marketplace via sophistication of an integrated website with a promotional element that will go out to all high schools, as well as distribution to specifically targeted regional and provincial markets," Derro said.

Tibbits said the expanded marketing efforts are important, but the biggest issue for expansion is that of equipment.

"We need to look at potential partners; media outlets who will donate equipment and partner with the college to raise their profile," he said. "If we can't find partnerships, then we have to look hard at what we can do."

Part of the vision is to see more joint programs with other colleges and universities.

"Articulation and affiliation agreements do take significant time to formalize, but pay huge dividends to students/graduates as they provide a clear and direct pathway to higher education with a higher level recognition of post-secondary experiences," Derro said. "Griffith University in Australia is one such

institution that grants advanced standing for our graduates, not only based on the academic status of our students, but also by the quality of the work they produce for their portfolios."

Tibbits said partnerships take time and effort, and while they are important, the college also needs to establish its own brand.

"I can see a day when we'll have our own degree program in the media area," he said.

Tibbits said the college has two distinct strengths right now: its emergence as a polytechnical institution and its location.

"The fastest growing area in Canada is southwestern Ontario," he said. "Cars go in and out on the 401, that's 100,000 cars that go through here everyday. Not many organizations can offer that kind of profile."

Changes within the School of Media and Design have already begun and the target completion date for all goals within the school is 2011.

"Conestoga College is ideally positioned ... with the perfect blend of students, faculty, resources and opportunities at our doorstep," Derro said. "We have the elements necessary for success and believe that Conestoga will be the first choice for those pursuing higher education."

"We have, and will continue to make our mark regionally, provincially, nationally and internationally."

Students blossoming in floral design

By VANESSA BUTLER

Life at Conestoga College is a bed of roses for some students - literally.

"I love the program and I love flowers. I certainly wouldn't mind working in a flower shop," said Francis Reinink, a student in the retail florist program.

Conestoga's retail florist program is a part-time certificate program that combines floral knowledge with design and business skills.

Dorina Idvorian, co-ordinator, encourages students to push the envelope. "Many people believe traditional designs will always sell, but I believe there is a need for people within the industry to upgrade their skills and floral workshops are one way to do that."

Idvorian said the certificate program takes approximately two years to complete. The flowers get delivered to the college every Wednesday evening around 5 p.m. to Room 2C29, where the program's 18 students get to put their skills to the test.

Retail florist students are not only successful in the program, but also bloomed at a Toronto competition this summer, where they finished first, second and third.

Anissa Nashkewa finished first in the bridal category at the 17th annual student floral design competition.

"I was passionate about flowers and the industry and decided to follow my heart," said Nashkewa.

Idvorian said the floral industry is not where the money is at, but it's a very demanding, creative and wonderful industry. "I'm very proud of the success of the students," she said. "When I see them at the end of their struggles, seeing them succeed, it's the most rewarding."

Idvorian said she is proud of how the students challenge themselves. She said she forces them into competitions so they have an opportunity to compete. "That's when the learning is the highest."

Some of the students taking the program come all the way from places such as Listowel, Hanover and Palmerston.

Anne Reid makes the drive in from Palmerston. Reid was a nurse who decided to take early retirement and pursue another passion. "This is mostly for me. I have a huge garden. I find it really interesting, the theory and hands-on components," she said. "I love working with flowers and I love to be creative."

On Nov. 29 four of Idvorian's students will spend four hours competing in Toronto at the Royal Botanical Gardens in a team design challenge.

Idvorian's work can be seen at the St. Mary's Hospital Volunteer Association 18th annual Festival of Trees taking place until Nov. 22 at the Kitchener City Hall Rotunda. She has designed a number of wreaths and trees for the festival.

Idvorian said she encourages her students to critique their own work. "Education is the key to success for all of us."

COUNSELLOR'S CORNER: Dropping Out

"I don't want to be here!" Many students, exhausted by workload, discouraged by borderline marks or unsure of program choice consider leaving college. Counsellors see many students who want out and hope to return later. But is "out there" any better? Quitting does not solve a financial shortfall or make the course work any easier the next time.

Leaving causes other problems. A sudden void is created in the student's life. Jobs are elusive. Contact is lost with school friends who form a natural community of support. Returning to school seems a monumental task.

This is not a "carry on at all costs" message. Rather, know the costs and consider all alternatives carefully. Consider options other than withdrawal from a program:

- ♦ Find out more about your program and the variety of possible jobs you can seek through resources such as faculty and Career Services located in the Student Client Services Building.
- ♦ Drop a course which is salvageable and pick it up later. Consult your instructor before conceding defeat.
- ♦ Pick up a failed course through Continuing Education evening or summer classes.
- ♦ Discuss partial load with the program chair. Better to save a few than lose all.
- ♦ Apply for Peer Tutoring. The cost to the student is minimal and it works.
- ♦ Considering transferring to another program within your school.
- ♦ Communicate with a peer or faculty with whom you are having difficulty.
- ♦ Ask for help from faculty or classmates.
- ♦ Seek temporary shelter if home has become untenable. Community resources are listed in Counselling Services.
- ♦ See your doctor. A sudden decline in energy may indicate a treatable illness.
- ♦ Take off a day or two to deal with personal issues if necessary. Everyone is entitled to an absence now and then.

These and many other solutions have been explored by students with a counsellor. We are here to listen and help when you have run out of ideas. Most find they can get through with some support or leave if necessary with a plan for completing their education.

A Message from Counselling Services, 1A103.



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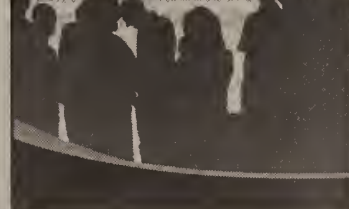


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All can be overcome

By JENN SPRACH

Imagine being an athlete with dreams of becoming a pro hockey player and receiving a medical diagnosis that ends it all.

That's exactly what happened to Wyatt Loyd, a first-year international business management student at Conestoga, when he was diagnosed with rheumatoid arthritis.

According to UBC Pharma Canada, a biopharmaceutical company, rheumatoid arthritis is estimated to effect one in every 100 people and juvenile arthritis is estimated to effect one in every 1,000 children.

Loyd was being scouted by the Ontario Hockey League (OHL) at a prospects tournament when he first noticed symptoms.

Swelling began in his wrist, which he taped so he could keep playing.

"I thought it was just a hockey injury," said Loyd.

The swelling then moved to his elbow where the pain got so bad he had to stop playing. "It was a snowball effect," he said. "That's when I knew something was wrong."

At first it was sharp pains that limited his movement.

"It was quite painful; my knee looked like a big grapefruit."

He went to the doctor who delivered the hard-hitting news that he had rheumatoid arthritis.

The doctor told him he would never be able to play sports again.

"I guess I was in a little bit of shock. It was surreal. I thought how could this happen to me. It was a heartbreaker," he said.

After the diagnosis Loyd didn't like going to watch the games he used to play.

"It was hard to watch them and not be a part of it," he said.

That's when a friend dared him to try out for the school play *The Foreigner*. He got the lead role.

"When I got the lead role it scared the crap out of me because it was a two-hour play," said Loyd.

While the play was a lot of work he enjoyed acting more than he thought he would and said it brought out a side of him he didn't even know was there.

"It made me a more well-rounded person rather than just a jock," said Loyd.

Since first being diagnosed Loyd has changed doctors and his new doctor said she wanted him to play sports again.

She prescribed a medication which keeps his arthritis in a state of remission which allows him to play sports again but he only plays for recreation.

"My perseverance and willing to get through it was what kept me going," he said, adding, "I never got depressed."

His doctor refers people to him and he said when he talks to kids they think their life is over.

Loyd is also involved with The Arthritis Society and volunteers to

help with the More Than Just Desserts fundraisers which raise money for research.

The fundraiser was held at Bingeman's last year and they had various booths set up where people can buy desserts.

They usually have speakers where people talk about living with the disease to educate others.

The first year he gave a speech for around 300 people and the second year he sold 50/50 tickets and talked to the people at the tables individually.

During a visit to his doctor he was told about the UCB Pharma Canada's UCBeyond Scholarship for students living with Crohn's disease and rheumatoid arthritis.

Students had to write an essay about living with their disease and Loyd was one of seven students awarded a one-time scholarship of \$5,000.

"I'm really thankful to the company that did this; it will help me a lot."

A section of his winning essay reads, "I feel as though the arthritis is in some strange way a new beginning for me. I am able to appreciate simple things in life, which I hadn't before."

His essay finishes with, "I've been so lucky to have great support from friends, family and Dr. Pope. The medicine which she prescribes continues to keep my joints in a state of remission. I take one day at a time and look forward to what life has in store for me."

Everyone affected by women's abuse

By KERRY REED

Women's abuse hurts everyone.

That was the name and topic of a community forum held by the Women's Crisis Services of Waterloo Region on Nov. 7 at St. George Hall on King Street West.

The event focused on women abuse and how it affects everyone, not just the woman involved, said Shelly Friesen, event co-ordinator of the Women's Crisis Services.

"It is not just one person being victimized," said Friesen. "The woman's children, family, friends and community all suffer when she is hurting from abuse."

Keynote speaker Robert Alexander spoke about losing his sister in August 2005 to domestic violence. Since the incident Alexander has made it his personal cause to inform the public about the rate of women abuse in this country.

"It is a man's issue," said Friesen. "It definitely hits home when it is someone you love and care about."

The seminar also featured a mother, who wanted to remain anonymous, whose daughter suffered abuse. This was her first time speaking publicly about the death of her daughter, who was killed by her son-in-law in a murder-suicide. She also talked about how it has changed her life.

"The crowd was very moved by her speech," said Friesen. "I do not think the audience expected that much raw emotion from inside themselves."

About 160 people attended the event which was being held in honour of the Polytechnique de Montreal massacre in 1989 when a gunman randomly killed eight women.

"Violence against women is a huge problem," she said. "We hold this event to honour the women."

In addition to the keynote speakers there was an art exhibit put on by children who have been involved with the Women's Crisis Services, information booths were set up and the Waterloo Regional Police Male Chorus performed.

An upcoming event held by the service will be on Feb. 16 hosted by Darryl Sittler, former captain of the Toronto Maple Leafs. He will be drawing attention to domestic violence through a male's point of view.

The family event will also be held at St. George Hall in Waterloo, and will consist of a live Toronto Maple Leaf game on two jumbo screens, a hot dinner and Sittler giving a speech.

"The more information put out to the public will hopefully make women's abuse more socially unacceptable to our society," said Friesen.

Wash it down with



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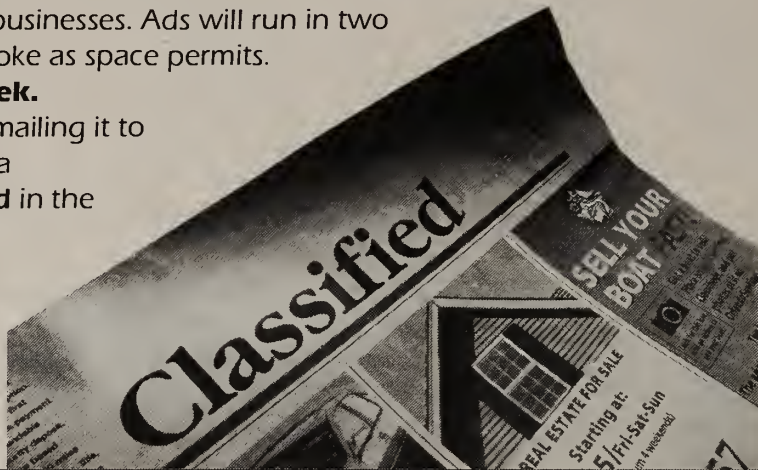
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The '80s return for a night

By JENN SPRACH

The upcoming '80s Party at Edelweiss Sports Bar and Grille is sure to be a blast from the past, with games, costumes, themes, music and prizes.

If you're not a fan of '80s music, don't worry, the music will be a mix of '80s and current music.

The '80s party theme means you should get dressed up as your favourite person from the era such as Boy George or a character from Ghostbusters.

Be creative with a costume because there will be prizes for the best male and female outfits.

"We're also doing a balloon theme, each colour means something different," said Tim Kumornik, one of the event organizers.

Purple means feeling amorous, green means available, red means spoken for and yellow means spoken for but don't care.

The colour theme will take the guesswork out of approaching an individual.

With over 150 prizes to be given away there's going to be a ton of door prizes and spot dance prizes, as well as a 50/50 draw and a raffle to win a bar fridge.

"Our goal is to giveaway as many

prizes as we can," said Kumornik, adding, "We would like everyone to win something."

The only requirements are you must be at least 19 years old, have a ticket and have a willingness to have a great time while raising money for a good cause.

The event is being held by four, second-year materials operations students, Tim Kumornik, Brittney Baker, Jason Medeiros and James Huddle.

The goal is to have 200 people in attendance and raise \$1,000 with all proceeds going to the APICS (Advanced, Productivity, Innovation and Competitive Success) student chapter.

APICS is a non-profit organization dedicated to operations management.

It provides education and training, internationally recognized certifications, resources and a worldwide network of professionals.

Tickets are \$10 in advance and \$12 at the door.

Advance tickets can be purchased on Nov. 23 at the table to the right of Tim Hortons or Tuesday and Thursday morning in the cafeteria.

For more information about the event e-mail tkumornik@conestogac.on.ca or call Jason Medeiros at 519-654-6514.

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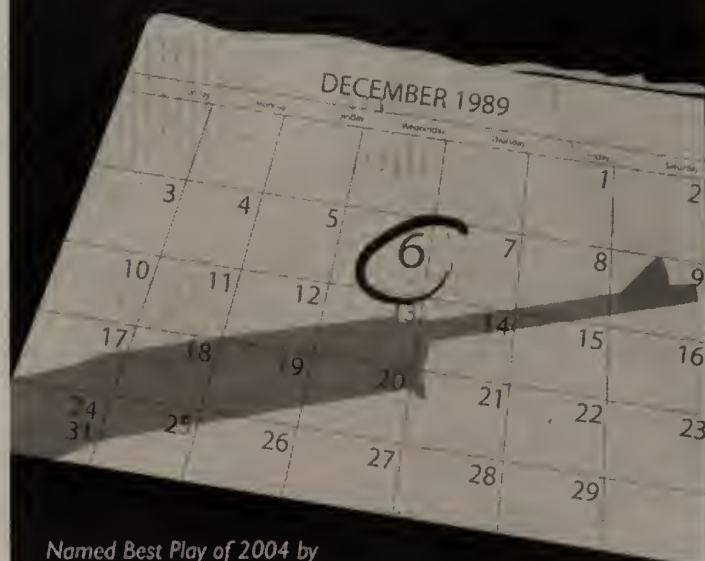
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Alcohol and energy drinks a dangerous combination

By HOLLY FEATHERSTONE

Your energy drink may "give you wings," but recent studies on the detrimental combination of such drinks with alcohol add a new component to the ensemble: a reckless blindfold.

According to a Nov. 5 article in *The Record*, investigative researchers at Wake Forest University School of Medicine in North Carolina have found a correlation between increased cases of injuries, sexual vulnerability and carelessness in conjunction with dual consumption of energy and alcoholic drinks.

Researchers say the high caffeine yield in energy drinks masks the effects of drunkenness. Such a duality has Health Canada encouraging Canadians to exercise discretion by reading product labels.

"All consumers are encouraged to carefully read the labels of health products they consume, including energy drinks," said Alastair Sinclair, senior adviser of media relations for Health Canada.

Sinclair said reading product labels is a student's best precaution as they contain vital information including ingredients, conditions of use and warnings. Energy drinks, consisting of caffeine, taurine (an amino acid) and carbohydrates, according to Health

Canada's website, should warn against consuming more than one or two 250ml cans in a 24-hour duration and should conspicuously warn against mixing contents with alcohol.

Among the recognizable brands such as Red Bull, Impulse and SoBe Adrenaline Rush, Sinclair said Red Bull is the only energy drink authorized for sale as a natural health product by Health Canada. Under such provisions, Red Bull is required to indicate on its packaging that the product not be consumed with alcohol.

"Other energy drinks that may be available on the Canadian market have not been authorized for sale and their labeling hasn't been reviewed by Health Canada," he said.

Whether labeled or mislabeled, the tempered drinking symptoms equated to mixing the drink with alcohol has created a buzz among attendants of all-night dance parties, clubs and bars. Second-year general arts and science student Megan Scheeringa knows this firsthand.

"It's a huge fad right now," she said. "Everyone is talking about it."

Scheeringa said after having imbibed the combination herself on one occasion, it was difficult to gauge her level of intoxication when the "caffeine high" ensued.

"It's really hard because you don't realize (the effects)," she said. "You have to be responsible with it. I haven't really done that since."

Unfavourable effects caused by the combination are still undergoing research. Sinclair said the Adverse Drug Reaction Monitoring Program, administered by Health Canada, has received reports of adverse reactions, but the information remains obscure.

"The case reports don't reflect whether the symptoms reported were due to the effect of the energy drink or combining the drink with alcohol," he said.

Possible health risks of energy drink consumption include electrolyte disruption, nausea and heart irregularities, all of which are amplified if consumed in excess of labeled recommendation or in correspondence with alcohol.

Scheeringa said until further research is conducted, she thinks students can lessen their risk of inadvertently combining the two by following pre-formulated drink recipes as opposed to mixing their own, or by choosing against providing energy drinks altogether.

"If I'm having a party, I don't want that (the risks) on my hands, (therefore) I won't serve it," she said. "I think there needs to be more research on it though."

Pizza jobs up for grabs

By AARON O'CONNELL

A new Boston Pizza is set to open in Kitchener this December.

General manager Stewart McKie says the Boston Pizza will be ready just in time for the holidays.

"It's right before Christmas, we are going to capitalize on the rush," he said. "There's a lot of traffic and a lot of happy people so it worked out perfect for us."

There are 110 jobs available, 60 for the front-house, which includes servers, bartenders and expeditors (staff who ensure everything is going smoothly) as well as all the kitchen jobs known as the heart of the house. It was a busy site at the job fair on Nov. 8, 9 and 10 at the old Tim Hortons in the Alpine Plaza on Ottawa Street, as managers had their hands full with people applying to work at the popular restaurant.

McKie is enthusiastic about the location of the restaurant, and said they should have no problem bringing in customers.

"I think it's an untapped area, a developing area, there's a lot of traffic, a lot of subdivisions being built, a lot of shopping areas and arenas so I think it's a fantastic spot for us," he said.

With other restaurants including McDonalds, Tim Hortons and Fireside Deli and Family Restaurant nearby, the opening of Boston Pizza should bring in some competition especially for the Montana's Cookhouse and Saloon located across the street.

Montana's, which is known for its



(Photo by Aaron O'Connell)

This is the site of the new Boston Pizza located at 725 Ottawa St. in Kitchener. The Conestoga Waterloo campus helped promote the job fair for the restaurant which will open on Dec. 7.

ribs as well as its steak, will see some competition for the first time since opening.

Manager Steve Gafcon says they'll take a bit of a hit, but said they will still bring in a lot of customers.

"People will still come here to get our steak and ribs and we still have half-price appetizers from four to six on Monday to Thursday as well as kids eat free on Sundays," he said.

Gafcon added. "Well, it's bringing more business to the area, but I'm sure we'll take a bit of a push because it's the first time we've had any competition in the area."

Boston Pizza had originally planned to be ready by November, but with construction setbacks, it will open on Dec. 17.

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HOROSCOPE

Week of November 19, 2007



Aries

March 21 - April 19

Having a dream and knowing how to achieve it comes easy to you. Why not share that gift with someone who is having a little trouble finding their way.



Libra

September 23 - October 22

Life is about ebbs and flows and sometimes what seems to be a crappy year can turn out to be wonderful because of all the things you learn along the way.



Taurus

April 20 - May 20

Before you get upset about something small, put yourself into the other person's shoes and take a step back from the situation.



Scorpio

October 23 - November 21

Instead of remaining the mysterious stranger, why not come out of that shell and tell the ones you love five things they don't know about you.



Gemini

May 21 - June 21

You have no trouble using words and being a good communicator will help you go a long way.



Sagittarius

November 22 - December 21

Honesty is a great trait, but not when it hurts someone's feelings. Sometimes the people around you don't want the truth, they just want you to agree with them.



Cancer

June 22 - July 22

Don't let people get under your skin. Just put on your headphones which connect to your iPod and keep on walking.



Capricorn

December 22 - January 19

For one week, try to avoid overthinking a decision, try making the decision and then letting it go.



Leo

July 23 - August 22

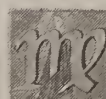
Patience is a virtue. The world can be a frustrating place, but if you practise a little bit of patience it will help you in the long run.



Aquarius

January 20 - February 18

Working with difficult people can be challenging, but when those people keep you from getting work done, you should walk away so you can get it completed.



Virgo

August 23 - September 22

Planning is how you feel in control. Why not let that control go and let loose for a week. Don't plan, just go with the flow.



Pisces

February 19 - March 20

Your creativity knows no bounds. You are passionate about life and you share it with the ones you love. You have a way of being able to help other's express their emotions.



Franca Maio is a second-year journalism student holding fate in the palm of her hand.

Canadian fans want more

By JOHN LINLEY

Dane Cook finally made a Canadian city one of the stops on his wildly successful comedy tours.

Cook performed at the Air Canada Centre in Toronto on Nov. 2, marking the first stop on his Rough Around The Edges tour, promoting the comedy album of the same name.

The crowd of over 20,000 was electric as Cook performed new material, along with some of his classic jokes from older albums over the two-hour performance.

The new joke that got the best response from the crowd was a near 20-minute bit about using an old condom during a sexual encounter.

He even got the crowd more involved than usual when he brought two fans up on stage to help him perform his popular "Kool-Aid man" joke.

According to Cook, that was the first time he ever tried that at a show, and he seemed to enjoy the results.

He spent about two hours on stage, splitting the time between new and old material almost evenly, and returned for an encore to tell his joke about an atheist sneezing on him.

Cook represents a new breed of comedians and has achieved near rock-star status, mostly among young people.

Instead of doing shows at small venues such as bars and comedy clubs, he sells out large arenas and theatres.

He can also be seen in the new movies Dan In Real Life and Good Luck Chuck, and was also the face of Fox's World Series ad campaign last month.

It is this very same mainstream



(Internet photo)

Comedian Dane Cook performs in front of his fans. He was at the Air Canada Centre on Nov. 2 for a crowd of over 20,000. It was the only Canadian date on his Rough Around the Edges tour.

exposure that has him attracting the hatred of some journalists and other comedians like Louis C.K., dismissing his sophomoric sense of humour and even accusing him of stealing material from them.

Although the critics and his co-workers do not respect his work, it is ultimately the fans that matter, and that is where Cook is miles ahead of the competition.

He has remained fan-friendly despite his success and tries to be a role model for his younger fans by speaking out against drug use and irresponsible drinking.

A lot of his material is easy to relate to by young people who grew up in the '80s and are approaching adulthood now, which is why he is so popular among college students.

A website called eventful.com allows people to make a request for a comedian or band to come to a specific venue.

This is where Cook's Canadian

fans are hoping to have their voices heard, as it has been rumoured by those on the site that he will do a show in the city that gets the most demands.

It may sound difficult to beat some of the bigger American states with Dane Cook being by far the most demanded act on the site, but London, Ont. is currently number 1 with 6,805 people requesting a local show.

The closest city in the Kitchener/Waterloo area is Guelph, with 3,702 requests.

Kitchener itself only has 44 requests and Waterloo doesn't have any.

This may be the only way Canadian fans can see Cook in our country, as the ACC show was his only scheduled Canadian appearance.

Cook left the Toronto show promising the crowd he would return, and those who want to see him live can only hope he meant it.

Musical a testament to Jewish spirit

By WEI-LON LEE

Do you like a good stage musical? If so, you would have enjoyed the K-W Musical Productions' rendition of Fiddler on the Roof. The show ran from Nov. 15 to Nov. 17 at the Centre in the Square in Kitchener.

But unlike regular, run-of-the-mill musicals with weak plots, Fiddler on the Roof is not so much a story about the love between a Romeo and a Juliet, but rather about the conditions that turn-of-the-century Jewish people had to endure in Russia.

In fact, the main plot of the story is not about love at all, but about something much more profound: endurance.

Set in 1905 Tsarist Russia, the story follows Tevye, a poor milkman struggling to eke out a living in the village of Anatevka. In an age of uncertainty and social upheaval, Tevye strives hard to preserve the traditions of his faith and culture, often clashing with the wishes of his three eldest daughters, whom Tevye is trying to find husbands for. To make matters more complicated, there is also a growing anti-semitic sentiment brewing inside Russia that threatens the livelihood of the Jewish community living in Anatevka.

As the title of the play would suggest, the story is a metaphor about survival, through tradition and through change, in a life of precariousness and imbalance, just as that

of a fiddler on a roof.

Winner of eight Tony awards and multiple Drama Desk awards, the musical has been an international sensation since its opening on Broadway in 1964.

The story has also earned further critical acclaim with a film adaptation directed by Canadian Norman Jewison.

Matt Iley, marketing representative of K-W Musical Productions, said one of the things the theatre company is trying to do is raise awareness of community-based theatre and to provide quality family entertainment for the community.

"K-W Musical Productions is a not-for-profit organization that produces professional quality theatre delivered by local talents who volunteer hundreds of hours to put the show on stage," he said. "It's a chance to showcase the talent of local actors/actresses."

Another goal that the musical production aims to accomplish is to generate interest in arts and theatre in general.

"It's a way for audiences to explore an alternative outlet for entertainment," said Iley, who is also an actor in the production company.

Theatre is also a perfect way for a family to spend time together and enjoy something other than TV, said Iley.

"Sometimes it's good to get away from the tube and enjoy something a little more old-fashioned."

Besides bringing the arts and theatre to college students who would otherwise have limited contact with theatre performance, one can also glean much insight into the psyche of Jewish people and better understand them.

In the end, the Fiddler on the Roof is a testament to the indomitable spirit of the Jewish people and a sobering reminder of the harsh realities which the Jewish population in Europe were forced to endure.

FAST FACTS

■ K-W Musical Productions is a non-professional community theatre organization that has been producing musical theatre since 1948.

■ The group was formed under the name of Twin City Operatic Society.

■ In 1964, the theatre company moved to its current location at 14 Shaftsbury Dr., Kitchener.

■ Since its opening in 1980, the Centre in the Square has hosted major productions by Kitchener-Waterloo Musical Productions each fall including Oklahoma, Carousel, Sound of Music, Camelot, Oliver, South Pacific, West Side Story, Peter Pan and A Christmas Carol.

She plays shinny – and so can you

By **CHARLOTTE PRONG PARKHILL**

Megan Hopkins is no stranger to the rink. During high school, the Waterloo native played AA hockey for the Brampton Canadettes.

Because of her busy class schedule, she doesn't have time to play in a league outside of school. So if this first-year broadcasting student can get out of class early on Mondays, she hurries over to the rec centre and suits up for a game of co-ed shinny.

She tries to come out to Conestoga's pick-up hockey games at least once a week. "It's just relaxing for me. It's a laugh."

Shinny takes place Mondays and Thursdays from 2:30 to 4 p.m. and is free for students.

Typically, 15 or 16 players get out on the ice for the informal games. The teams are divided up by sweater colour. If no goalies show up, they play post hockey - a puck that hits the post is considered to be a goal.

Hopkins also plays in Conestoga's co-ed intramural hockey league for a team aptly named Just Chicks.

"We always lose! But it's a fun go. They don't take it easy on us," she said. "Sometimes one of the guys will play for us, try to help us out."

Occasionally another female player will show up for shinny, but frequently Hopkins is the only woman there. "The guys don't treat me any differently," she said. "They'll laugh at me if I fall on my

ass, but that's about it."

Brian MacFarlane's book, *Proud Past, Bright Future: 100 Years of Canadian Women's Hockey*, includes photos of women in sweaters and long skirts playing shinny in 1891.

Shinny, or pick-up hockey, has been played since the 1830s. Some believe its name is derived from a Scottish field hockey game called shinty.

Others say the name comes from the players' habit of whacking each other in the shins.

But whatever you call it and however it was named, shinny is hockey, stripped to its bare essentials. No time clock, no checking, no all-star teams.

Just four boots set up as goal posts on a frozen pond.



(Photo by Charlotte Prong Parkhill)

Megan Hopkins, number 7, battles for the puck in the corner during a recent shinny game at the Conestoga rec centre. Shinny runs on Mondays and Thursdays from 2:30 to 4 p.m.

Running to the promised land

By **ALEX MCNANNEY**

It's Friday night. You're 25 years old. You are in the prime of your life, so what better thing to do, than get up at 5 a.m. to go running?

While most other young adults are out at the bars, Dave Sharratt, a second-year student at Conestoga College, is doing that every weekend, and it's paying off.

Sharratt has won two gold medals and one silver in Ontario College Athletics Association cross-country running this year. He's an avid runner and triathlon competitor and his career has been taking off ever since he ran his first race.

He first got into running when he was 20 through his sister, who got a job at the Running Room. Not long after, his parents joined a running club there, so it was a bit of a family hobby. Sharratt would constantly overhear his sibling and parents talking about running, so he eventually took an interest. A big race was coming up, and as Sharratt recalls with a laugh, he wasn't going to let his family outdo him, so he entered himself.

That race was one to forget for Sharratt though. He didn't really have a grasp on how much training cross-country running requires at the time, and going out to the bars every weekend is not a typical training exercise. He recalls his family didn't think he would ever compete in another run because of the condition Sharratt was in after the race.

"I think I puked, I think I passed out, I didn't feel like eating" he says, laughing.

But after that race, he decided he would run that same race the next year and perform well.

"I had a whole year to train for it, and just kept getting better and better," Sharratt says. "I ended up coming back to that race and finished third overall."

From that point on, he continued to excel, winning various titles at the provincial and national level. However, his career hit a rut in 2005, one that almost made him quit.

He was training too hard and was wearing himself out.

"I was going to races and getting beat by people I didn't want to get beat by," Sharratt says.

"I was like 'oh I'm quitting this sport, I don't want to do this anymore.'"

At the time, on top of his normal training for cross-country running, he was in Florida training for four months for triathlons. It was his friends who kept him from giving up completely, and Sharratt says he's thankful they were there.

He says he also learned something valuable about himself during that period.

"I need structure when I train. Now I'm in school and training so there's two different things there," he says. "When I was just training, there was just too much of one focus."

Sharratt now knows what he needs to get the best out of himself.

"Even if I was good enough to make money at running, I would still work sometime somewhere, even if it is only 15 or 20 hours a week and then have my training," he says.

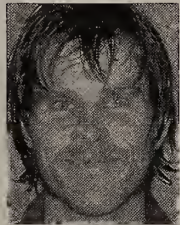
His discipline amazed cross-country head coach Ken Yandau.

"When you look at people who are successful in life, they set high goals for themselves," he says. "He's not the strongest team player, but his drive and determination sort of leads by example."

Sharratt regularly runs about 161 kilometres per week, which isn't something every runner can handle. Prior to races he starts doing specific workouts, known as tapering, to prepare himself for the event, and it's proved to be successful.

Sharratt says when it comes to the actual races, knowing what type of runner you are is key. Sharratt himself knows he isn't a great sprinter, but his endurance is his bread and butter. Going into the Fanshawe Invitational this year, he had been in a rivalry with another runner from Fanshawe College, John Mason. Sharratt remembers the race well.

"He became very cocky and was like 'oh I'm unstoppable, no one will be able to beat me,' so it kind of upset me," he says. "So I set my taper, and lo and behold I beat him by about a minute."



Sharratt

What transpired on Oct. 27 though, was a ground-breaking feat.

It was the date of the OCAA Championships. Sharratt was training hard, trying to get in absolute phenomenal condition and had his goal set on winning. He received a surprise from George Brown College though, as they had a surprise entrant, Nelson Ndereva Njeru, who is from Kenya. He was very fast, which is a common trait of Kenyan runners.

"It pretty much came down to the last lap, me and him, and he was hitting his surges but wasn't really affecting me yet," he recalls.

Sharratt then made perhaps the best decision of his running career.

"I went for it with 800 out to go, and gapped him by about 20 seconds," he says.

He would then hold the lead for the rest of the race, winning Conestoga's first ever individual gold medal in cross-country running at the OCAA Championships.

His hard work ethic and drive to succeed paid off and earned him a trip to the Canadian College Athletics Association Championships, which were held in Grand Prairie, Alta., on Nov. 10.

He wouldn't fare as well as he would've liked though, finishing eighth at the national competition. Sharratt says poor conditions played a part, but he wouldn't blame the weather solely.

"I just don't think my head was in it like it was at OCAAs," he says. "I don't usually do well on really hilly courses and we also had a huge snowstorm right before our

race and that made it really cold."

Overall however, he's been very happy with his results this year.

"I'm very happy with my season," he says proudly. "My big goal was OCAA and I won that."

His ultimate goal is to make the Canadian Olympic team, and he may just have an obscure piece of good luck revolving around 2000 Canadian Olympic gold medalist Simon Whitfield.

"Back in 1997 when he was in college, he won the OCAA title on the same course. I won it at," Sharratt says. "So, you never know, maybe I'll follow in his footsteps."

But now, Sharratt says it's time to get away from the track for a bit.

"It's time for some off season fun. Just hanging out with friends and not worrying about running."

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